



Town of Darien

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FOR IMMEDIATE RELEASE

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MAY IS STROKE AWARENESS MONTH

Every year more than 795,000 Americans suffer a stroke. That is about one every minute. May is designated Stroke Awareness Month and a good time to learn about your personal risk factors for stroke. Uncontrolled high blood pressure is the number one cause of stroke.

“Every adult should have theirs checked on a regular basis and take steps to lower it if it is too high,” says David Knauf, Darien Director of Health.

Nursing & Home Care offers several monthly blood pressure screenings right here in Darien and dates & times are listed below. Call Nursing & Home Care at (203) 762-8958 for other times and locations.

In addition to high blood pressure, there are many other controllable factors that can contribute to and increase your risk for stroke including cholesterol, transient ischemic attacks (TIA) or mini-strokes, diabetes, smoking, heavy alcohol consumption, obesity and heart diseases such as atrial fibrillation. The good news is that many strokes can be prevented by working with your physician to manage risk factors.

Finally, it is important to remember that acting F.A.S.T is the key to receiving early and lifesaving treatment for stroke. A stroke occurs when blood and oxygen flow to the brain is interrupted by a blood clot or a broken blood vessel. This kills brain cells in the immediate area, often causing physical and

emotional disabilities including speech problems, memory loss and paralysis. It is important for people to be able to recognize the symptoms of stroke and immediately seek emergency medical attention upon symptom recognition. Emergency treatment with a clot-buster drug can help minimize or completely eliminate these disabilities, but it must be given within 3 hours of the onset of symptoms. Do you know how to act F.A.S.T?

F = Face	Ask the person to smile. Does one side of the face droop?
A =Arms	Ask the person to raise both arms. Does one arm drift downward?
S = Speech	Ask the person to repeat a simple phrase. Does the speech sound slurred or strange?
T =Time	If you observe any of these signs, then it's time to call 9-1-1. NEVER attempt to drive someone who may be having a stroke to the hospital or doctors office.

BLOOD PRESSURE SCREENINGS

Darien Library

1441 Post Road

1st Tuesday of the Month

12:00 Noon-1:30 PM

Darien Senior Center

30 Edgerton Street

1st Wednesday of the Month

10:00 AM-11:00 AM

Darien Town Hall

2 Renshaw Road

1st Tuesday of the Month

2:00 PM-3:00 PM